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Police storm Marc and Jodie Emery's Cannabis Culture headquarters after pair arrested on drug charges

metroNEWS

Employee Alyssa Bail is comforted by a friend as officers conduct the search on West Hastings Street.
JENNIFER GAUTHIER/METRO

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No fix yet for loophole allowing landlords to jack up their rent

HOUSING

Minister hasn't come through with promised changes

Jen St. Denis
Metro | Vancouver

It's a loophole B.C.'s minister for housing has promised to fix. But with just days before the end of the current legislative session, Opposition MLAs are asking: Where's the fix for fixed-term tenancy?

"This is still causing people to lose their homes," said Spencer Chandra Herbert, NDP MLA for Vancouver-West End. "It's an ongoing issue and it's being used more and more."

Government communications staff indicated there were no plans to introduce legislation during the current sitting of the legislature, the last session before a provincial election on May 9.

Rents rose sharply in Vancouver between 2015 and 2016, leading to an increase in reports of tenants facing pressure through different forms of legal evictions. One of those methods was using a type of rental agreement called fixed-term tenancy, and then adding a clause stating the tenant will move out at the end of a certain time period.

David Cameron and his family were evicted from their Victoria rental house because the owner sold the property. They found a new rental but were asked to sign a fixed-term tenancy agreement with a vacate clause. The tactic is increasingly used by B.C. landlords and gives them the ability to legally raise the rent higher than the annual allowable increase. CONTRIBUTED

> This is still causing people to lose their homes ... and it's being used more and more. Spencer Chandra Herbert

Some tenants complained that instead of moving to a month-to-month tenancy at the end of the term, landlords were asking for rent increases far above the capped annual increase allowed for month-to-month agreements. Currently, property owners are legally allowed to do this because tenants had signed the vacate clause in their lease.

With the extremely low vacancy rate in many B.C. communities, tenants often feel they have no choice but to sign the lease the landlord presents to them and hope for the best.

That was the case for David Cameron, a 48-year-old portfolio manager who lives in Victoria. Cameron, his wife and two sons had to leave one rental house when the owner sold it (they were not given the option to stay, and later noticed the house listed on Craigslist at a rental rate 44 per cent higher than what they had been paying).

Cameron and his wife managed to find a new rental house, but even though they told the property manager their intention was to stay for the long term, they were still presented with a fixed-term agreement with a vacancy clause. The company told Cameron the agreement was "standard."

Cameron doesn't buy the explanation from some landlord advocates that using a fixed-term agreement is simply a way to see if a new landlord-tenant relationship is "mutually beneficial."

"All the risk is on the renter," Cameron said, especially in low vacancy rental markets like Victoria and Vancouver.

In September 2016, Coleman told Metro that his government was looking at changing legislation to prevent some landlords from "gaming" the system.

"You can't just game it over to a new lease and jack it up to a point that's unreasonable," Coleman said.

In an emailed statement, communications said the task of amending the current rules "has proven to be complex, given the diverse opinions held by stakeholders."

Marc Emery's pot shops raided across country

CANNABIS

Activist couple arrested in Toronto, face 15 drug charges

Wanyee Li
Metro | Vancouver

Employees were barred entrance as police searched Marc Emery's Cannabis Culture on West Hastings Street on March 9. In addition to the Vancouver location police searched five other stores in Toronto and one in Hamilton, Ont. JENNIFER GAUTHIER/METRO

Vancouver police raided Cannabis Culture, headquarters of marijuana activists Marc and Jodie Emery, Thursday morning at the request of Toronto police.

The couple were arrested in Toronto Wednesday and face 15 counts, including trafficking, drug possession and proceeds of crime charges. Police across the country have raided seven shops in the Emery chain, branded Cannabis Culture. The federal government has said it will legalize marijuana this year.

A Cannabis Culture employee, who identified himself as Chris, said police took marijuana products as well as routers and computers from the store on West Hastings Street near Cambie Street.

A handful of Cannabis Culture employees in Vancouver confronted police as officers raided the store and lounge upstairs. One employee sat in front of a police vehicle parked in the back alley and told reporters she would stay until the Emerys' lawyer showed up.

"I don't trust them," said Alisa Vail, a Cannabis Culture employee.

"If they want to stay here fine, but I'll make sure they stay here until we get some answers."

Vancouver police were seen loading up a second van in the back alley with boxes and two officers stood guard at the store's front entrance. Interactions between the employees and police were peaceful, with protesters smoking pot and one officer agreeing to feed the four cats that live inside the store.

A Vancouver police spokesperson confirmed officers were executing search warrants issued in Toronto.

But marijuana advocate Dana Larsen said he didn't understand why local police would deviate from the city's current strategy of regulating the industry.

"I think it is pretty shocking that we're seeing VPD raiding dispensaries and cannabis outlets in Vancouver again. I thought we were past that," said Larsen, a long-time friend of the Emerys.

> The fentanyl crisis is actually insane ... they're wasting so much of their time on us. Alisa Vail

"I think it is inappropriate for the VPD to be taking marching orders from other police departments from other parts of the country."

He says Vancouver police also executed a search warrant for Jodie Emery's home Thursday.

A lawyer who has represented the Emerys in the past said the two were in custody but in good spirits as they waited for their bail hearing Friday.

"We've been fighting this battle an awfully long time. And we're going to fight it right to the end. And I expect we're going to be victorious," said Vancouver lawyer Kirk Tousaw.

Meanwhile, Vail and other protesters outside Vancouver's Cannabis Culture criticized the officers for not focusing on the fentanyl crisis instead.

"It's absolutely ridiculous. The fentanyl crisis is actually insane right now and they're wasting so much of their time on us."

In addition to the Cannabis Culture location in Vancouver, police searched five Cannabis Culture stores in Toronto and one in Hamilton as part of a Toronto police investigation dubbed Project Gator.

Toronto police charged three other people in addition to the Emerys — 37-year-old Chris Goodwin and 31-year-old Erin Goodwin from Toronto as well as 29-year-old Britney Guerra of Stoney Creek face charges that include conspiracy to commit an indictable offence.

WITH FILES FROM THE CANADIAN PRESS

ILLICIT DRUGS

Spike in overdose deaths

Jen St. Denis
Metro | Vancouver

Vancouver first responders are reporting a spike in both overdose deaths and calls for assistance related to illicit drug overdoses.

Last week, Vancouver Fire and Rescue Service responded to 174 overdose calls between Feb. 26 and March 5, the highest number since the beginning of 2017. During that same week, Vancouver police reported 14 deaths believed to be related to drug overdoses, double the number reported the previous week. Toxicology reports are not yet completed on those cases.

Last Friday, Prime Minister Justin Trudeau was in Vancouver meeting with drug user groups, health officials and first responders.

"The impact has been devastating. Families ripped apart. Communities forever altered. Loved ones lost too soon," Trudeau said during a press conference.

Patricia Daly, chief medical health officer for Vancouver, told Metro that at this point, the only real solution to the deadly crisis is to decriminalize all illicit drugs. The black market drug supply is now widely contaminated with synthetic opioid such as fentanyl and carfentanil, potent drugs that have led to the spike in deadly overdoses.

Coupled with increased access to doctor-controlled programs such as prescription heroin or hydromorphone, decriminalizing all illicit drugs would reduce the stigma that pushes many drug users to use alone, where no one can come to their aid should they overdose, Daly said.

In 2016, 922 people died of drug overdoses in B.C., and a quarter of those deaths occurred in Vancouver.

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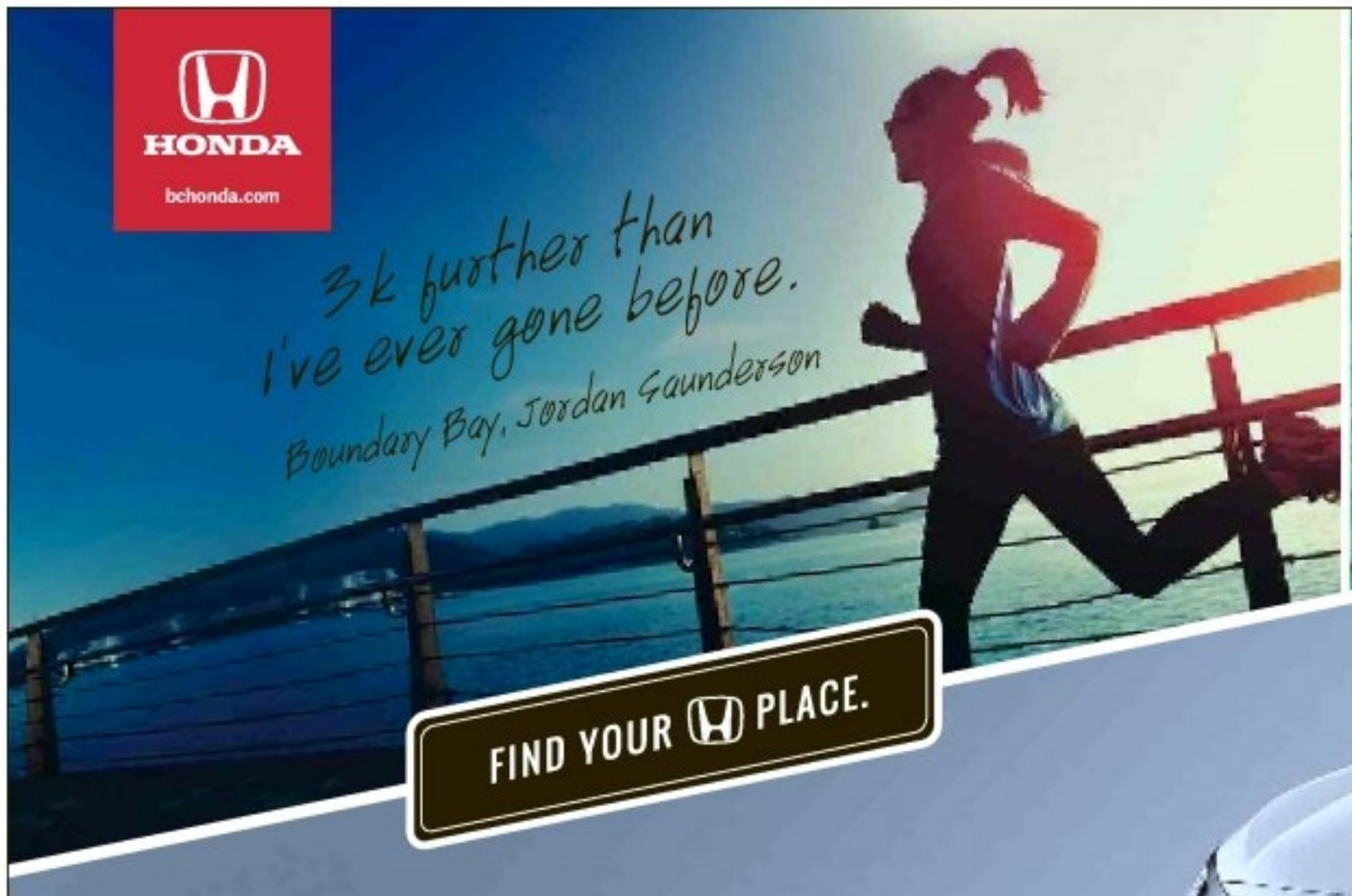

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Tenants hold sit-in at mayor's office

HOUSING

'Demovicted' Burnaby renters protest lack of compensation

Jen St. Denis
Metro | Vancouver

Sara Sagaii, left, Ivan Drury and Listen Chen sit outside the mayor's office as 'Stop Demovictions' protesters occupied Burnaby City Hall on Thursday. JENNIFER GAUTHIER/METRO

As a wave of redevelopment around Metrotown Mall in Burnaby has swept away hundreds of affordable rental apartments, residents and activists have staged dozens of protests since 2014.

A sit-in held in Burnaby Mayor Derek Corrigan's office Thursday focused on the city's tenant assistance policy, which activists said was not being applied fairly. But it may be more a case of a city's failure to provide clear documentation that can be accessed easily by the public.

"The City of Burnaby has a policy they passed in 2015 that says all tenants who are in a position of being demovicted are going to get three months rent compensation. There's two buildings on Silver Ave. where tenants are not getting three months," said Zoe Luba, one of the activists.

"They are getting one month compensation, because the city of Burnaby has called them 'replacement tenants.'"

After the original tenants moved out — and were compensated with three months rent — a second set of tenants moved in.

Some of them were not aware the developer planned to tear down the building, Luba said, and none of them have been offered three months rent as compensation.

But, explained Coun. Colleen Jordan, the policy does not apply when a rezoning has passed second reading; since the new tenants moved in after that point, Jordan said, they weren't eligible for the extra compensation. The City of Vancouver, which has a much more extensive tenant relocation policy, includes a similar item: vacant properties tenanted after an application for redevelopment has been made are exempted.

But Vancouver, which protects older apartment buildings in several key neighbourhoods, also has nowhere near the number of rental buildings that fit into that vacated category.

The information is not included on the sparse, one-page policy document explaining the policy on the City of Burnaby's website, something Jordan acknowledged should probably be added. (In contrast, Vancouver's policy is a detailed nine-page document.)

Between 2010 and 2016, Burnaby lost 478 rental apartments, according to the Canadian Mortgage and Housing Corporation — a figure that's off the charts compared to all other Metro Vancouver municipalities, which either added units or stayed the same.

White Rock, the only other municipality to lose rental units, lost 25.

For tenants living in the Mayberry neighbourhood around Metrotown, an area filled with low-rise apartment building that has been zoned for high density, losing their home is a constant fear.

Jordan said many of the people who have lost their housing are finding apartments in the same neighbourhood.

But with condo development happening at such a rapid pace, those new homes will not be permanent, and that's leading to a huge amount of stress for tenants, said resident Destiny Morris: "Some people have been demovicted three times — and are about to be demovicted again."

ELECTRICITY

BC Hydro's Seed proposal fails

Jeff Hodson
Metro | Vancouver

BC Hydro is walking away from its ambitious plan to build new electrical infrastructure underneath downtown Vancouver parks and schools, blaming the city for a delayed timeline and a high cost for the land.

In January, BC Hydro floated the idea of meeting the city's future electrical needs by constructing two new underground substations in the downtown core. The project was dubbed Seed and proposed that the land above the substations be used for public amenities like new schools and parks, which Hydro would help to fund.

The proposals included a new school in Coal Harbour; a new school and daycare in the West End; and a refresh of Emery Barnes Park in Yaletown and Cathedral Square Park. BC Hydro has operated a subterranean substation beneath Cathedral Square since 1984 — it was the first of its kind in North America.

However, in a statement Thursday, Jessica McDonald, president and CEO of BC Hydro, said the city's price for the land made building the substations underground too costly.

"We recently learned that, in exchange for the rights to build a substation underneath Emery Barnes Park, similar to our existing lease at Cathedral Square, the City of Vancouver has asked BC Hydro to pay a priced based on what it would cost to purchase the land outright," McDonald said. "This shift makes the extra costs of building underground prohibitive."

In a statement, the City of Vancouver said it and BC Hydro had not yet been able to come to an agreement on the value of the land. McDonald also criticized the pace of the city's decision making, charging that the municipality would not be in a position to say whether Seed could move ahead for "many more months."

The city said there was interest in the BC Hydro proposal, but limited public consultation and citizens' concerns did not allow council to make an informed decision by BC Hydro's Mar. 31 deadline.

Council voted in an in-camera meeting Mar. 8 to postpone any decision on the Seed project. They committed to making an informed decision by Aug. 8, 2017.

Demand for electricity in downtown Vancouver is expected to grow by 75 per cent in the next three decades. Currently, the area is served by three aging substations, the subterranean Cathedral Square, and the aging Murrin substation (1947) in Chinatown and the Dal Grauer substation on Burrard Street (1953). McDonald said BC Hydro will continue to look at options for above-ground substations in the downtown core.

An artist's rendering of a new proposed school and park that would be constructed above a substation. COURTESY BC HYDRO

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Trans Mountain cost spikes $2B

PIPELINE

Now-$7.4B price tag due to delays, 'public feedback'

David P. Ball
Metro | Vancouver

A tanker is loaded via pipe at Westridge marine terminal in Burnaby, B.C. COURTESY TRANS MOUNTAIN

Next month marks five long years since Texas energy giant Kinder Morgan first pitched expanding its 64-year-old oil pipeline across British Columbia in 2012.

But on Thursday, a half-year before it hopes shovels will hit the ground, the price tag on the nearly 1,200-kilometre Trans Mountain Expansion Project got even longer — nearly 40 per cent longer.

According to a company release, the estimated cost to complete the pipeline by 2019 jumped by $2 billion since it proposed the tripling of its daily heavy oil flow from Alberta's oil sands to its Burnaby, B.C., terminal, totalling an expected $7.4 billion.

"It's been a lengthy and rigorous process," said Ian Anderson, president of Kinder Morgan's Canadian subsidiary, in a statement Thursday. "Over the past five years, we've listened to Canadians and made changes to the project that have increased costs, but made our project better. We're proud of the project we've developed."

> Today's announcement only adds to the difficulties facing this pipeline.
> Sven Biggs

Anderson blamed the price spike on costs of meeting the federal National Energy Board (NEB)'s 157 safety and environmental, and "changes as a result of public feedback such as thicker pipe wall, additional drilled crossings in environmentally sensitive areas and the Burnaby Mountain tunnel."

The company's test drilling inside that mountain conservation area faced protracted protests and civil disobedience in 2014, leading to more than 100 arrests, including of veteran Indigenous leaders, scientists and prominent environmentalists.

The City of Burnaby failed in its court bids to block the exploratory work, and Vancouver's city council voted on Feb. 22 to launch a judicial review court case against the pipeline's approval.

Meanwhile, several other legal challenges by First Nations and environmental groups continue against the project, arguing the expansion infringes aboriginal rights to meaningful consultation, that an oil tanker spill or pipeline rupture — like the explosion on one of Kinder Morgan's Texas gas pipelines on Feb. 15 — would endanger Indigenous ways of life and local economies, and that increasing tanker traffic sevenfold will push endangered southern resident orcas to extinction.

Trans Mountain counters that its safety measures address such concerns. On its website, the firm states that "pipeline safety is (its) number one priority."

But while the company's Thursday announcement revealed that the vast majority of its daily oilflow from the new pipeline has gained shippers' financial commitment, some groups suggested the project might be stopped not by lawsuits, but by money.

Reuters recently reported that Kinder Morgan approached three of Canada's wealthiest pension funds for help funding the project, and is considering looking to Middle Eastern sovereign wealth funds to split some of the costs — and the profits.

"Increasing community opposition, brewing protests and legal challenges, coupled with these financial challenges make it more and more likely that this pipeline will never be built," argued Sven Biggs, energy and climate campaigner with Stand.earth.

TRANSPORTATION

Taxi group wants cap on Uber vehicles

Wanyee Li
Metro | Vancouver

The Vancouver Taxi Association wants the B.C. government to put a cap on the number of Uber vehicles and other ride-share vehicles allowed into the province in order to protect taxi drivers.

In a written statement, the association warned that taking away current municipal boundaries for taxis and giving out an unlimited number of taxi licences will lead to "destructive competition."

Some drivers have borrowed a large amount of money to purchase licences that would become effective worthless under the new regime, said Carolyn Bauer, spokesperson for the Vancouver Taxi Association.

"After going deep in debt, they have had their economic rug pulled out from under them by the Government," she said in a written statement. Bauer says the association will work with the NDP to come up with a fair regulatory model that meets the interests of taxi users while also protecting the taxi industry.

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Britannia Secondary students at Mt. Kilimanjaro in Tanzania in 2015. CONTRIBUTED

At-risk youth head from street to peak

PROJECT

Students get a chance to explore Patagonia

Ashley Singh
For Metro | Vancouver

Britannia Secondary's Streetfront Alternative Program, a local at-risk youth program, will be taking 15 students to Patagonia, Chile, and the southernmost city in the world, Puntas Arenas.

The project Street2Peak developed in 2012 with the goal of taking students from Streetfront and Britannia Secondary to explore five continents over the span of 10 years. In 2015 students ventured out in the first installment of the project to climb Mt. Kilimanjaro.

Trevor Stoke, a teacher at Britannia for 17 years, said he's dedicated himself to ensuring his students who come from non-traditional backgrounds are reaching their potential through physical activities such as running and hiking.

"My entire motivation as an educator is to make these kids as independent as possible, to make them as resilient as possible, to make them as successful as possible, but also to give them as many good memories as possible that they can latch onto so they can be participants in the global world because they're not," Stokes said. "They might see something through the Internet but they don't know what it smells like, they don't know what it feels like, they don't know how different voices sound, but once they've done this trip, they will."

Streetfront works with a group of at-risk kids, from Grades 8-10, who've faced disadvantages from a young age. Almost 50 per cent of these kids have been involved in the criminal justice system and all of the students at some point have been asked to leave their high school or have been selected for academic intervention.

> **My entire motivation as an educator is to make these kids as independent as possible.**
> Trevor Stoke

Student Ibin Ardia, who's part of the Streetfront program, will be one of the 15 students going to Patagonia.

"It's exciting to get the experience to just see a new place on this planet, to get a change of scenery outside of Vancouver and to experience something new," said Ardia.

For most of the students, the trip is the first opportunity they've had to travel outside of the city and to get the full-fledged experience of putting their skills to the test.

Students will head go to Patagonia, Chile this weekend for 14 days and hike through the Torres del Paine National park. The hike will take six days to complete at more than 120 kilometres.

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VANCOUVERING

with icons by **Danielle Vallée** from the noun project

Chow down on chowder

FOOD NOTES

Abby Wiseman
For Metro

There's something innately satisfying about eating anything out of a bread bowl. It's the same joy you get out of licking the plate, eating the last bite of a waffle cone and spooning the sludge at the bottom of hot chocolate. It's primal, it's a bit naughty and you look like an absolute glutton when ripping apart a soup bowl and shoving it in your mouth.

As you can deduce, I was pretty happy when offered a bowl of New England Clam Chowder in a bread bowl at Crab Park Chowdery (221 Abbott St.).

Ashton Phillips, the man behind the "chowda," is a native of San Francisco where chowder shops are abundant. Quick, hearty and affordable food is scarce in Gastown, so Phillips saw an opportunity to bring a little San Fran to Van.

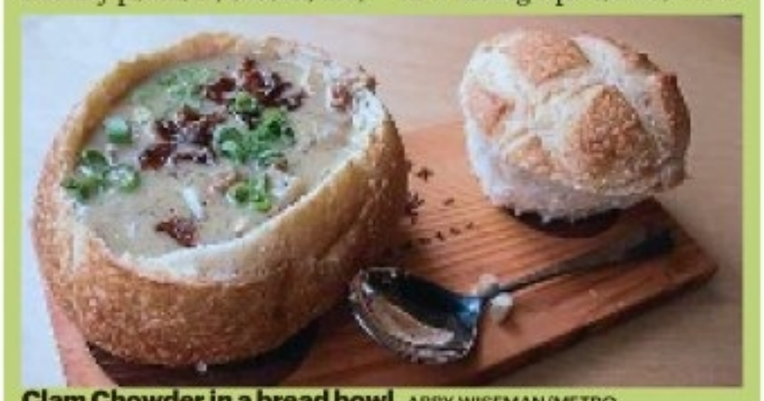
The soups come in a bread bowl ($11) or cup ($7) served with a side of bread. First up was the flagship, the New England Clam Chowder in a bread bowl. Very hearty, filled with chunky potatoes, onions, dill, clams (obviously) and bacon. The bacon overpowered the clams a little, but the soup was thick, creamy and chunky, just the way I like it. The dill really showed up when I tore into the bread bowl, which was fluffy and not too crusty.

Next up was my favourite, the Loaded Baked Potato Soup. It was creamy with a slight grainy texture from the potatoes. The tang of the sour cream contrasted nicely with the sweetness of the green onions and was complemented by the not too smoky bacon.

Then I switched to the tomato based soups: Vegan Chili and Smoky Tomato. The tomato was a little more spicy than smoky. Fortunately I like spice, but it was a little too acidic. I think with tinkering this soup should be awesome.

The Vegan Chili had the smoky flavours I was looking for and it was delicious. The hard thing about doing a vegan chili is you can't add cheese and sour cream, which cools down the spice. Fortunately the chili was nicely balanced so it didn't need the extras.

When I go to other cities I love places like Crab Park Chowdery that do one thing well. It's a great way to build an institution in a neighbourhood that needs quick eats and in a setting ripe for chowder.



Clam Chowder in a bread bowl. ABBY WISEMAN/METRO

Squamish Nation artist Jody Broomfield carving. CONTRIBUTED

University unveils 'welcoming figure' on Burnaby campus

INDIGENOUS STORIES

First of several Indigenous art pieces to come to Simon Fraser

Cara McKenna
For Metro

Simon Fraser University has unveiled the first of several Indigenous art pieces meant to recognize the unceded First Nations territory on which its three campuses were built.

The university debuted a cedar welcoming figure carved by Squamish Nation artist Jody Broomfield at its main campus in Burnaby on Thursday.

William Lindsay, who directs SFU's Office for Aboriginal Peoples, said it's part of a wider effort by the university to build relationships with the Indigenous people in and around its campuses.

This September, he said, the school plans to unveil a pole created by a Musqueam artist at its downtown Vancouver campus, and there are a couple of other pieces in the works, including one for its Surrey campus.

"Our three campuses overlap many different First Nations, so we're just kind of taking them on one at a time," he said.

"Doing something like this is really a special thing because you do a lot of negotiations with the local nations and so you get to know some of the people and cultural initiatives."

Lindsay said the effort to find Indigenous artists was launched while SFU was celebrating its 50th anniversary in 2015. Squamish Nation came on board soon after, and Broomfield began carving the welcoming figure last fall.

Broomfield spent more than 300 hours on SFU's campus hand carving the figure, which is holding a canoe paddle and is adorned with a cedar hat and cedar bark skirt.

He said the paddle is facing upwards which is traditionally a gesture to show peaceful intentions.

"(These figures) are ideally used as markers on villages to welcome people to certain territories," he said.

"In this case we're using it as a marker for SFU, welcoming people as they come and go from campus."

To create the figure, Broomfield used a 350-year-old red cedar log that was donated by Squamish Nation's company Sqomish Forestry LP.

Though he has done public artwork for everything from the Vancouver Olympics in 2010 to Park Royal Mall in the past, Broomfield said the SFU project was particularly special because of the visitors he had each day: from university staff, to students, to children from the campus daycare.

"I'm just thankful that everyone came out to learn part of our culture," he said.

"There were a lot of people that had never seen the process of the artwork being created and so it made it that much more special."

Lindsay said the art commissions are one of dozens of different Indigenous initiatives the university is working on, something he feels is especially important since its Indigenous student numbers have doubled in the past decade.

"We've had so many things happen around the university, I've lost track," he said.

"It's very heartening."

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VANCOUVERING

with icons by **Danielle Vallée** from the noun project

Why I'm travelling to India — alone

THE BIG SQUEEZE

Sometimes it's best to go solo

Graeme McRanor
For Metro

I love to travel — and am determined to do much of it with family in tow — but sometimes it's best to go solo.

Today I'm en route to Vrindavan, India for Holi Festival.

If you haven't heard of it, you've probably seen pictures. A Hindu celebration, the "festival of colours" signifies the triumph of good over evil, the end of winter, arrival of spring, gratitude for a bountiful harvest, forgiveness, and more.

Basically, it's a bunch of people throwing paint at each other. And I've been commissioned to write a travel feature about it.

Which is why I'm going alone.

Work assignment aside, traveling with children is tough. I should know, having already done quite a bit of it.

My eight-year-old son London, for example, has already been to India. Twice.

The first time was when Suzy and I brought him on a month-long overland adventure when he was four; the second was another month-long trip last year.

In between those trips, the three of us backpacked through Vietnam, Laos and Cambodia.

Each place was amazing. Tiring, too. They're all, at times, challenging countries to navigate. And some parents would never consider it. For them, an all-inclusive in Mexico might be the ticket. Or Disneyland.

But I'm keen for my kids to see as much as the world as possible and determined to do so when we can.

Graeme's son London on one of his two trips to India, waiting for a train at New Delhi Railway Station in 2012. GRAEME MCRANOR

My philosophy is simple: if you have an opportunity to go somewhere, take it.

Occasionally, that means leaving the family — which now includes infant daughter Dylan.

Suzy's okay with it. London and his mom, too. And I'm grateful to them (and my parents) for picking up the parenting-slack during the 10-day absence.

But when the prospect of the trip was posted on Facebook (as one does) in January, my friend Susan surely summed up what some were thinking: "And with a wee new baby at home?! God bless Suzy!! I would have killed you for even thinking it!"

And yet, I live.

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VANCOUVERING

with icons by **Danielle Vallée** from the noun project

Rain, rain maybe don't go away after all

VANCOUVER TRENDING

From gardens to ice rinks, how we're reusing water

Amy Logan
For Metro | Vancouver

All across the city, rainwater is being used in unconventional ways.

From watering gardens to washing cars and providing ice for hockey rinks, collecting the rain is increasingly becoming a part of the urban fabric.

And with a yearly average of over a metre of rain, Vancouver is ideally suited to lead the rainwater harvesting movement.

Vancouverites are starting to see that rainwater is a valuable resource. As Adam Scheuer, President of WaterTiger, a local company that specializes in designing and installing rainwater systems, pointed out, "Over the last decade the concept of collecting rainwater has gained traction in the cities, both for residential and commercial purposes."

He cites rain barrels for the backyard or garden, washing cars during water restrictions, and rainwater holding tanks as examples of home use.

Although many Vancouverites seem to feel there is plenty of water to go around, it is a limited resource. Scheuer noted that Vancouver's drought-like summer of two years ago was a "wake-up call for a number of people."

He suggested that by "reducing our dependence on the city to source, treat and pump over 1.5 billion liters of water per day, we can protect our water systems for years to come."

Scheuer has noticed an increase in awareness and interest, with more clients pursuing rainwater systems.

"Whether it's a lifestyle choice, the desire to keep watering their plants during the summer, a necessity based on a low flow well, or a commercial LEED-rated project, the rainwater industry is just getting started," he said.

Say, now that you mention it. It does rain a fair amount in Vancouver. AMY LOGAN/FOR METRO

WaterTiger has helped design high-profile commercial rainwater systems such as for LEED-rated buildings including the Olympic Village Community Centre, Telus Garden, and the Abbotsford Entertainment and Sports Centre. The Abbotsford Heat professional hockey team played their last two seasons on ice made from collected rain.

Benefits of rainwater collection include "slowing the rate of discharge to the storm system during heavy rainfall, which reduces heavy loading on waste treatment systems, resulting in fewer contamination events in our waterways," said Scheuer.

In 2016, a recommendation was put forward that Vancouver City Council adopt a long-term goal to capture and treat 90 per cent of Vancouver's average annual rainfall using green infrastructure. Current measures include using rainwater to wash some city vehicle fleets. The Van Deusen Visitor Centre, Creekside Community Centre, and the Vancouver Convention Centre are just a few of the city's LEED-certified buildings using rainwater-capture systems to reduce water consumption.

Earthwise Society, an organization fostering sustainability through environmental education, hosts a Rainwater Harvest program. It aims to raise citizen awareness, encouraging residents to take personal responsibility for water sustainability. According to the society, the program "helps homeowners to protect and conserve water," using native plants and installing rain gardens.

Earthwise is hosting an upcoming Rain Day, billed as "a family-friendly celebration of rain." According to them, collecting rain "benefits all communities."

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Federal Court Justice Robin Camp leaves a Canadian Judicial Council inquiry in Calgary, Sept. 9, 2016. Camp said he would step down as a member of the Federal Court. THE CANADIAN PRESS

'Knees together' judge steps down

COURT

Judicial council recommended Robin Camp be removed

A judge who asked a sexual assault complainant in a trial why she couldn't keep her knees together quit Thursday after a scathing rebuke from the body that oversees the Canadian judiciary.

In a statement distributed by his lawyer, Justice Robin Camp said he would step down as a member of the Federal Court effective Friday.

"I would like to express my sincere apology to everyone who was hurt by my comments," Camp said in the statement. "I thank everyone who was generous and kind to me and my family in the last 15 months, particularly my legal team."

The move came after the Canadian Judicial Council recommended that Camp be removed from the bench, because his conduct was "manifestly and profoundly destructive" to the impartiality and integrity of the judiciary. The council's decision supported a recommendation in November by a disciplinary panel that was reviewing the original sexual assault trial of Alexander Wagar.

Court transcripts from the 2014 trial in Calgary show that Camp, who was a provincial court judge at the time, called the complainant "the accused" numerous times and told her "pain and sex sometimes go together." He questioned the complainant's morals and suggested her attempts to fight off the man were feeble.

Camp found Wagar not guilty, but the Appeal Court ordered a new trial. Last month, Wager was acquitted again.

The council said that Canadians expect their judges to know the law, have empathy and to recognize and question any past personal attitudes that might prevent them from acting fairly. THE CANADIAN PRESS

HALIFAX

Surge in victims seeking help

Yvette d'Entremont
Metro | Halifax

Halifax's Avalon Sexual Assault Centre has experienced a surge in calls this past week, and employees are hoping it highlights the urgent need for funding of their services.

"In particular since Tuesday, we have seen an increase in people contacting us," said the centre's executive director, Jackie Stevens.

"Some people are looking for counselling services, and we have a lot of people from the general public who are just calling to seek clarification around laws or to understand what's going on or who are wanting to show support."

"We have people calling about how they can help in terms of volunteering," Stevens said.

"We've had requests from people who want to do placements, and we've had a number of people looking for legal support and advocacy and sharing their stories because they're aware people have taken action around this situation and so they're reaching out."

Judge Gregory Lenehan's handling of cab driver Bassam Al-Rawi's case last week and his comments that "clearly, a drunk can consent" resulted in nationwide condemnation, protests and petitions. Earlier this week the Crown said it will appeal the cab driver's acquittal.

"These kinds of high profile cases do validate people's experiences when they see that the general public is rallying and speaking out for changes to the laws or questioning what is happening and how people are being treated," Stevens said.

"It does make (victims) feel believed and supported and so they do reach out for services."

GOP versus Obamacare

MEDICAL AID

Big differences between new health care bill, previous laws

House Speaker Paul Ryan uses charts and graphs to make his case for the GOP's long-awaited plan to repeal and replace the Affordable Care Act, Thursday, during a news conference on Capitol Hill in Washington, DC. THE ASSOCIATED PRESS

At first glance, the health care bill from House Republicans appears to have similarities to the Obama-era law, such as tax credits, protections for people with health problems and the ability of parents to keep young adults on their insurance.

But in most cases, those components would work very differently under the GOP framework than is now the case with the Affordable Care Act.

Important details about the Republican plan are unknown, including cost and coverage. Here's a look at the current law and the GOP's plan:

1 COVERAGE

Current law: About 11 million people are covered by expanded Medicaid in the 31 states that accepted it. Nationwide, an additional 12 million buy private health insurance through government-sponsored markets that offer plans with subsidized premiums. The national uninsured rate is below 9 per cent, a historic low.

GOP bill: Extent of coverage is unknown, as is the impact on the uninsured rate.

2 PRIVATE COVERAGE

Current law: Provides income-based tax credits for consumers buying government-regulated plans through HealthCare.gov and state insurance markets. The most generous assistance goes to people with low-to-modest incomes. Many solid middle-class households get no help despite sharp increases in premiums.

GOP bill: Provides tax credits primarily based on age, gradually phasing down for individuals making more than $75,000, or married couples earning more than $150,000.

Credits can be used to buy any state-licensed health plan. More middle-class consumers will benefit, but there's concern lower-income people would be disadvantaged.

3 PRE-EXISTING CONDITIONS

Current law: Forbids insurers from turning people down on account of medical problems, or charging them more money.

GOP bill: Provides protection for people with health problems. But consumers who have not maintained continuous insurance coverage face a 30 per cent premium penalty for a year. States can use federal funds to set up high-risk pools as insurers of last result.

THE ASSOCIATED PRESS

Society's norms at risk in U.S.

ROSEMARY WESTWOOD
From the U.S.

This week provided an excellent excuse to remember Donald Trump's egregious treatment of women. His pussy-grabbing claims and alleged sexual assaults. His attacks on women's looks. His indifference-turned-hostility to reproductive rights. His insistence that women in the military are to blame for their own sexual assaults.

Thank International Women's Day for these helpful memory jolts, in case you'd forgotten it all amidst the political deluge, these 60 days of news cycles that feel as if we're living in a dump, staring up at the sky each morning wondering what stained mattress will fall next and how much it'll hurt.

Trump's election to the White House was a stunning example of the shredding of political norms in the U.S. — those guidelines of conduct and character that offer(ed), at the very least, the facade of respectability. Norms that might not keep behaviour in check, but which, when discovered to have been violated, could once still ruin a politician's career.

But what about societal norms? Those, too, are thinning. Pluralism and the idea that we treat everyone equally are at risk. We're seeing it the increased bomb threats against Jewish community centres in Canada and the U.S., and in threats against Muslim mosques. We're seeing it in the murder of Srinivas Kuchibhotla in Kansas by a white man who'd asked if he was in the U.S. illegally.

Then there's the bizarre stories of U.S. border guards adopting a Trumpian approach to their jobs, opting for antagonism and suspicion over routine guidelines for who should and shouldn't be let in.

In his campaign, Trump used America First as an economic message (ignoring the slogan's anti-Semitic history). But it's being heard as a much broader call to arms against everything and everyone perceived not to be American.

It carries the underlying arrogance that everyone who's not American wishes they were, de facto demonizing all travellers to the U.S., that race and religion are good indicators of what America looks like, de facto demonizing non-Christians and non-Whites.

These ideologies are spreading from Trump outwards. They are emboldening prejudice. As worried as people may be about what kind of politics will survive this presidency, another crucial question to ask is, what kind of society?

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HUNGARY ASYLUM SEEKERS TO BE DETAINED In this Sept. 24, 2015 photo a man carries a child to board a train at a station near the village of Zakany, Hungary. UNICEF, the United Nations' children's agency, says it is alarmed by the new Hungarian law allowing the detention of all asylum seekers, including unaccompanied children older than 14, in border camps made of shipping containers.
THE ASSOCIATED PRESS FILE

Lawyer's pants catch fire during arson case

MIAMI

Attorney argued client's car spontaneously combusted

A Miami defence attorney is feeling the heat after his pants caught fire Wednesday after he told jurors during arguments in an arson case that his client's car spontaneously combusted and wasn't intentionally set.

As he started speaking to the jury, Stephen Gutierrez, 28, said he noticed his pocket began to feel hot.

"When I checked my pocket, I noticed that the heat was coming from a small e-cigarette battery I had in my pocket," Gutierrez told The Associated Press via email on Thursday afternoon. He said he had two to three of the batteries in his right pocket.

The Miami Herald reported Gutierrez was arguing that his client's car spontaneously combusted and wasn't intentionally set on fire.

Gutierrez said he quickly left the courtroom and went to a courthouse bathroom.

Gutierrez said the incident was not staged. "No one thinks that a battery left in their pocket is somehow going to 'explode,"' he wrote. The lawyer ran out of the courtroom and the judge also had the jurors taken to the jury room.

When Gutierrez returned to the courtroom, he insisted it wasn't a staged defence gone wrong. Later in the day his client, Claudy Charles, 48, was convicted of second-degree arson.
THE ASSOCIATED PRESS

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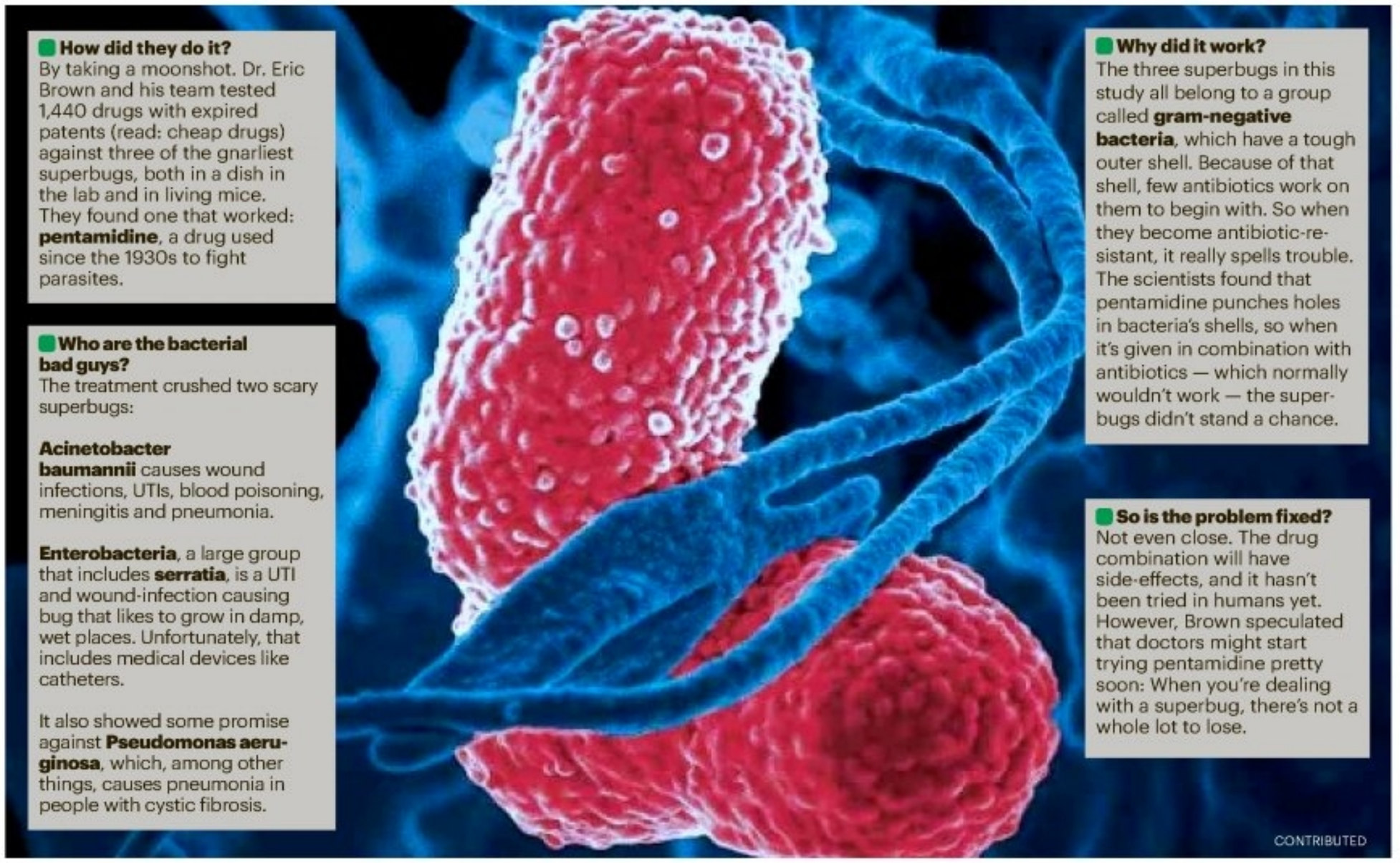
DECODED by Genna Buck and Andrés Plana

SUCKER-PUNCHING SUPERBUGS

Here's a sentence you never want to hear in the hospital: 'It's a superbug, and we're out of drugs to try.' Especially after a sick loved one has suffered through round after round of antibiotics, with gruesome side effects but no improvement. Superbugs are bacterial infections impervious to our most powerful medications. And they're on the rise. But a team of researchers at McMaster University has found a glimmer of hope in the fight against them, thanks to a very old drug.



How did they do it?
By taking a moonshot. Dr. Eric Brown and his team tested 1,440 drugs with expired patents (read: cheap drugs) against three of the gnarliest superbugs, both in a dish in the lab and in living mice. They found one that worked: **pentamidine**, a drug used since the 1930s to fight parasites.

Who are the bacterial bad guys?
The treatment crushed two scary superbugs:

Acinetobacter baumannii causes wound infections, UTIs, blood poisoning, meningitis and pneumonia.

Enterobacteria, a large group that includes **serratia**, is a UTI and wound-infection causing bug that likes to grow in damp, wet places. Unfortunately, that includes medical devices like catheters.

It also showed some promise against **Pseudomonas aeruginosa**, which, among other things, causes pneumonia in people with cystic fibrosis.

Why did it work?
The three superbugs in this study all belong to a group called **gram-negative bacteria**, which have a tough outer shell. Because of that shell, few antibiotics work on them to begin with. So when they become antibiotic-resistant, it really spells trouble. The scientists found that pentamidine punches holes in bacteria's shells, so when it's given in combination with antibiotics — which normally wouldn't work — the superbugs didn't stand a chance.

So is the problem fixed?
Not even close. The drug combination will have side-effects, and it hasn't been tried in humans yet. However, Brown speculated that doctors might start trying pentamidine pretty soon: When you're dealing with a superbug, there's not a whole lot to lose.

CONTRIBUTED

CITIZEN SCIENTIST by Genna Buck

I've changed my mind: Aliens are awesome

Last month I went to the annual meeting of the American Association for the Advancement of science, a.k.a. the science fair of planet Earth. It was so literally awesome: It filled me with awe.

I went to a talk by Penelope Boston, head of astrobiology at NASA. She studies species that live in our most extreme environments, such as sulphur-spewing caves. Pretty crazy in Earth terms, but par for the course on other planets.

Everywhere she looks, there's life. Even deep inside rock formations, where there are vast colonies of microbes that look like tiny cauliflower and cacti. They don't seem to share much DNA with any known life forms. Boston believes there's life on other planets, and it probably looks something like those rock critters.

The last time I wrote about aliens, I dismissed them as "looking something like pond scum."

I don't know where I got this "multi-cellular and sentient or BUST" attitude. Possibly from watching Space Jam one too many times as a child. But the presentation helped me recognize it as prejudice. Alien microbes are not too small for me to care about; I'm too big and dumb to appreciate them.

Their existence raises huge issues. An upcoming NASA mission will look for life on Jupiter's watery moon Europa. And it's urgent that we plan what to do if we find it, Kevin Hand of NASA said.

Devastation reigned when humans decided it was a bright idea to mix micro-organisms from different continents. What could happen if we brought Europan germs to Earth? Or the reverse? We could destroy an ecosystem before we get to study it. In Hand's words, "We must keep Europa for Europans."

I never thought of that before. There's nothing better than thinking about something for the first time. That's awe. And the more time I spend hanging out with scientists, the more I get.

Science Question?
genna.buck@metronews.ca

FINDINGS
Your week in science

MONSTROUS CONTROVERSY
The ultra-weird Tully Monster didn't have a backbone, says a new paleontology paper. The authors of a 2016 study who thought they saw a spine were actually looking at a gut, the paper claims. The 300 million-year-old species looks like a cross between a lobster, hammerhead shark and worm.

TIMELESS MATTER
It's a mind-bending finding, confirmed by peer review: **Time crystals**, which vibrate without energy and have a structure that repeats itself in space and in time, are real.

SOUND SMART

DEFINITION
An **extremophile** is a living thing, usually a micro-organism like bacteria, that has adapted to live in extreme conditions such as intense heat, acidity, cold or pressure.

USE IT IN A SENTENCE
Deborah likes to surf in hurricanes. You could say she's an extremophile, or possibly just nuts.

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by Jason Logan

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History of an island fit for a king

IN FOCUS

Eight decades after first visit, we still don't belong there

Richard Crouse
For Metro Canada

King Kong's island kingdom has had many names and been located all over the world over the years. HANDUTS

Only two things are sure about Skull Island. First, it is home to Megaprimatus kong a.k.a. King Kong and a menagerie of prehistoric creatures. Second, as Mason Weaver (Brie Larson) says in this weekend's Kong: Skull Island, "We don't belong here."

The latest adventures of King Kong take place almost entirely on the island but what, exactly, do we know about the place?

Not much, because Skull Island is uncharted and changes from film to film.

In the new movie, a digital map image suggests the island derived its intimidating name from its gorilla skull profile shape but originally the isle wasn't called Skull Island. The best-known versions of the Kong story, the original 1933 Merian C. Cooper film and the 1976 Dino De Laurentiis production, never mention Skull Island.

The first movie and its subsequent novelisation describe a "high wooded island with a skull-like knob" called Skull Mountain while the '76 film refers to Beach of the Skull. It wasn't until 2004's Kong: King of Skull Island illustrated novel that the name was first used. Since then the moniker has stuck.

The same can't be said for its location.

Over the years it's been pegged everywhere from the coast of Indonesia and southwest of Central America to the Bermuda Triangle and the Coral Sea off the east coast of Australia.

In reality many places have subbed in for the island. In 1933 several locations were pieced together to create Kong's home.

Outdoor scenes were shot at Long Beach, California and the caves at Bronson Canyon near Griffith Park in Los Angeles. Everything else was filmed on a soundstage in Culver City using odds and ends from other sets. The giant Skull Mountain gate was later reused in Gone with the Wind's burning of Atlanta sequence.

De Laurentiis spared no expense bringing the island to life in 1976, moving the entire crew to the Hawaiian island of Kauai.

The shoot began at the remote Honopu Beach, a place the crew were told was deserted. Arriving in four helicopters laden with equipment they were greeted by a honeymooning couple who, thinking they had the place to themselves, had slept nude on the beach.

The impressive stone arch seen in the film — "Beyond the arch, there is danger, there is Kong!" — was natural and so huge years later when an episode of Acapulco Heat was filmed there a helicopter flew underneath it.

Peter Jackson's 2005 King Kong reboot used a combination of New Zealand's picturesque Shelly Bay and Lyall Bay as Skull Island's "jungle from hell." In the film's closing credits the director paid tongue-in-cheek tribute to all the stars of the 1933 movie, calling them, "The original explorers of Skull Island."

This weekend's installment was shot in Vietnam, Queensland, Australia and Kualoa Ranch, Hawaii, where giant sets were built near where Jurassic World was filmed.

The scenery, as John Goodman's character says, is "magnificent," but there was also a practical reason to shoot in these exotic locations. The Hollywood Reporter stated the production shot in Australia to take advantage of a whopping 16.5% location offset incentive — i.e. tax break — offered by the Australian government.

Kong: Skull Island describes the isle as "a place where myth and science meet."

On film though, it's a spot where the imaginations of Kong fans run wild.

MOVIE RATINGS by Richard Crouse

Kong: Skull Island	★★★★
The Last Word	★★
Window Horses	★★★

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★★★★ SEE IT
★★★ WORTHWHILE
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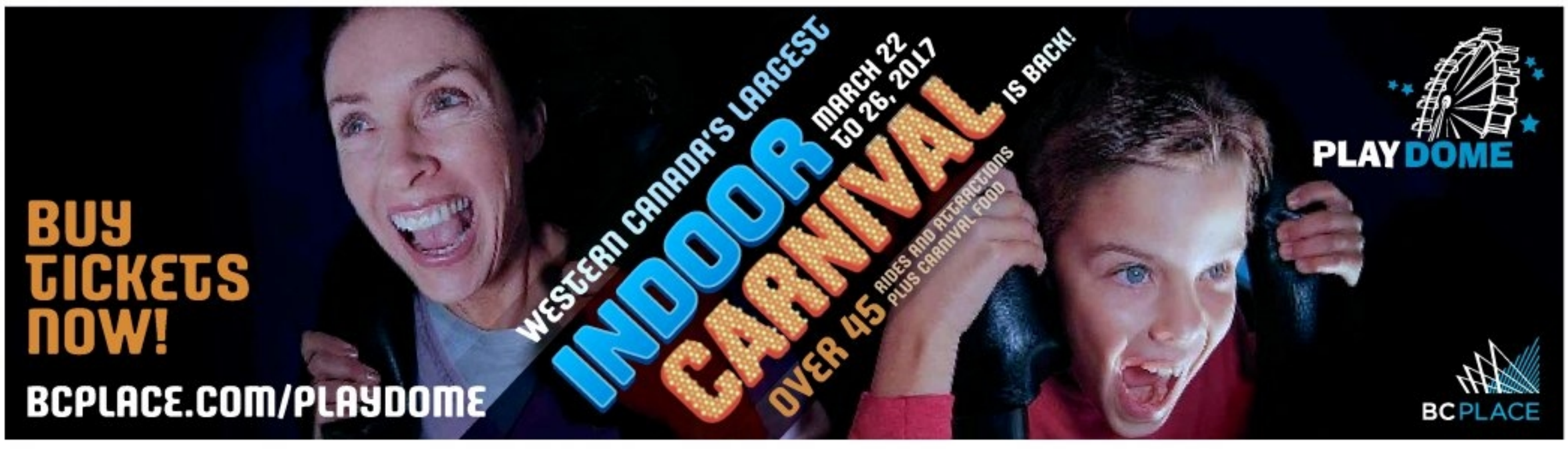

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Kevan Funk's drama Hello Destroyer has been nominated for four honours at this weekend's Canadian Screen Awards including best picture and best actor for Jared Abrahamson. CONTRIBUTED

Enforcing us to confront our bloodlust

INTERVIEW

Hello Destroyer tackles violence in hockey...and far beyond it

Steve Gow
For Metro Canada

The forthcoming sequel to Goon may be getting most of the attention, but there is another hockey movie hitting theatres — even if the filmmaker doesn't particularly want it defined as such.

"I just knew I wanted to look at violence in an institutionalized way and so I needed a big organization," insisted Kevan Funk about his debut feature film, Hello Destroyer. "And hockey is the biggest cultural institution in this country."

The terse drama may be gaining praise for its honest portrayal of Canada's most popular game, but the tale of a young player whose grisly in-game act of violence sends his life into a tailspin is winning critics for its take on our relationship with aggression in sport.

"I make films that are meant to be divisive to some degree," admits Funk, acknowledging his drama may initially turn off the game's traditionalists. "(But) it's not an anti-hockey film. It's not even an anti-fighting film because it doesn't really comment so much on the violence of the game as much as the institutionalization of that violence.

"Sure there's going to be people who take it at first glance and go 'f— this movie, you've got to keep fighting in the game' but that's not even the conversation we're having."

In that sense, Funk's use of hockey was admittedly a "red herring" intended to reach beyond the mere bloodlust of watching two enforcers eat each other's fists.

In fact, that astute insight has afforded Hello Destroyer and Funk no less than four nominations (including best picture) at this weekend's Canadian Screen Awards.

While the movie may be a longshot, it's an incredible accomplishment for the Banff-bred filmmaker.

Also nominated is lead actor Jared Abrahamson (Netflix's Travellers) who has stuck by Funk ever since Destroyer began as a short film in 2013. Now with more than eight projects in the works and Hollywood success on the horizon, Abrahamson has extolled Funk for his forthcoming fame.

"A lot of my directing style has to do with giving actors space," admits Funk, shirking the credit. "I equate it to coaching in a way — you choose the best players for your team, you know what they can do (and) then create the best conditions which are best suited to those people."

BEHIND THE SCENES

Destroying the rest of the Competition
"The weird thing about the hockey movie as an entity is that most of the time, they have very little to say about hockey," said Kevan Funk. "Those films are so detached from any reality; they're just this very strange fantasy world."

Funk's Favorite Canuck Film
"Fubar has that badass unabashed boldness of being truly Canadian and I love that," said Funk of the cult-hit from Goon-director Michael Dowse. "I want to see more of that across all genres."

The Uncredited Star
Shot primarily in Prince George, B.C., Funk insists the town played as much a character as the actors. "There's something about having the fabric of that place and your cast and crew living there that shows up on-screen in sometime intangible and invisible ways," said Funk. "But I think that are essential ways."

STEVE GOW/FOR METRO

INTERVIEW

Russell relishes skate down memory lane

There was a time when an interview with Wyatt Russell would take place in a locker room, not a plush downtown Toronto hotel suite.

The Goon: Last of the Enforcers star not only plays a hockey player in the film, he was once a junior league goalie who says his first vivid memory was getting a pair of skates when he was just three years old. Hockey, he says, "was my love, my passion."

His promising athletic career was cut short by multiple concussions and an injury-plagued season in the Netherlands with Groningen Grizzlies, but the thirty-year-old fell right back into rink life on his first day of shooting Goon.

"We were supposed to be getting off a bus after a game to meet our family members," he says. "I remember sitting down and being like, 'This is what I did.' It was actors acting, but I thought, 'I've done this. I've already done this.' I looked over to my left and they start filling in the bus with players that would fill out the team and there was a guy right next to me and I was like, 'Dylan?'

"I had played with him for a little while in Brampton. After that moment it became really easy and fun to slip back into hockey and hockey terminology. It's a world. It was what I wanted to do with my life."

The son of actors Goldie Hawn and Kurt Russell says he met many people like the violent enforcer Anders Cain he plays in the film. Cain doesn't love the game, he loves to win — a perspective that comes when players get jaded, Russell says.

"They have a lot of talent. They've had a lot of talent since they were kids and there has been a lot of pressure put on them. For a lot of people there's a breaking point and the way that usually manifests itself is through self-destructive behaviour and they don't even know they're doing it."

It's not unlike showbiz.

"Every profession where people view it as larger than life," he says, "when you start to believe that it is larger than life and you are larger than life, is where I feel the downhill skid starts to happen.

"When you start to see yourself as more important than the world that's going on around you."

Wyatt Russell played for numerous amateur hockey teams and one pro outfit before quitting the sport. CONTRIBUTED

He avoided those traps because, although he grew up in a show biz family, his parents were raised in "lower middle class American families that lived in Maryland, Maine and Thousand Oaks. They didn't all the sudden forget that. That's not who they were or who their families were."

RICHARD CROUSE/METRO

‘We’re talking about the balance of the world’

INTERVIEW

John C. Reilly finds time to be philosophical on Skull Island

Actor John C. Reilly’s castaway character in Kong: Skull Island, a scruffy longbeard named Hank Marlow, brings to mind Dennis Hopper’s crazed jungle cameraman character in Apocalypse Now.

Hank also looks like how the Skipper from Gilligan’s Island might appear after the proverbial “three-hour tour” turns into decades of being lost.

Such comparisons certainly apply, Reilly allows over the phone from a tour stop in London. But he suggests a left-field one he thinks is more on the money: the wily orphan girl Newt in Aliens, played by Carrie Henn, who helps Sigourney Weaver’s Ripley fight deep space invaders.

“Like Newt, Hank is someone who’s been left for dead who has survived somehow and who has been driven half crazy by the experience — but who is going to survive, no matter what,” Reilly says.

The 51-year-old Reilly certainly hasn’t gone unnoticed, in a 27-year screen career that has seen him do memorable characters both comic (Walk Hard, Talladega Nights, Step Brothers) and serious (Magnolia, The Thin Red Line, The Aviator).

John C Reilly says Kong: Skull Island director Jordan Vogt-Roberts gave him freedom to improvise. THE ASSOCIATED PRESS

You’ve done blockbusters before, but I’m guessing this one tested your ability to artistically stare up into the sky.
(Laughs) Yes, definitely! The effects guys would show us these little rough animations to give us an idea of what the actual action was that we’re looking at, but that was nothing to seeing it for the first time on the screen. That’s another fun thing about doing one of these effects-heavy movies. I get to be an audience member like everybody else! I’ve never seen it either! So when I sit down, it’s a great surprise and a delight to me.

Were you delighted when you saw the finished version?
I’ve seen it twice and I was really relieved that it was so good, because you never know. These big-budget things can oftentimes get off track and lose their way from start to finish. But this really held together in a way that surprised even me. I didn’t realize the emotional resonance that Kong was going to have. That was something that was hard to predict until you actually saw the finished creatures … I showed the movie to a bunch of people I was working with when I first saw it, and it was unanimous, everyone was just walking out, being like, ‘We’ve gotta save Kong!’ ”
I love this notion of balance in the world, how important balance is, and how we have to be careful about exerting our will and throwing off the balance of the natural world around us. I think that’s really relevant to current audiences.

When you talk about being relevant, are you thinking of this as being some sort of a message movie?
I think it’s a message movie if you want it to be a message movie. The truth is, it’s just a really fun movie. It’s a popcorn movie; you get caught up in the excitement and the emotion. And then afterwards, like any good movie, it can resonate for you in your own life, which I think is a good thing. I think a lot of times people dismiss “popcorn movies” because they say, “Well, I walked out of there and I just didn’t think about it again. It immediately left my mind when I left the theatre.” I think this movie has a little bit more going for it than that. I found myself thinking about how it related to my life, and how it related to the world.

The temptation might be to read Trumpian things into the film, even though it was made before Donald J. Trump was elected president.
I think that’s our current obsession: reading Trumpian things into everything around us. I was reading Trumpian things into the World Series this year! But I think the themes of this movie are bigger than any kind of current political stuff. I think what we’re talking about is the balance of the world, not just some political party or some election. We’re talking about the bigger picture of things. The only way we’re getting out of this world alive is if we all cooperate with each other, because there’s no future in war. I think that’s a pretty universal and non-partisan point of view. TORSTAR NEWS SERVICE

Window Horses features the voice of Sandra Oh as Rosie, a Chinese-Persian Canadian from Vancouver. CONTRIBUTED

ANIMATION

Opening a window on poetry’s power

Sandra Oh remembers growing up without seeing people like herself reflected in popular culture and wants to ensure her two mixed-race nieces don’t have the same experience.

That’s one of the reasons Oh decided to make Window Horses, an animated feature in which she voices the character of Rosie Ming, a 20-year-old Vancouver poet of Chinese and Persian descent whose life changes when she’s invited to a literary festival in Iran.

“In animation and animated films, there still is not enough representation at all. So from a personal point of view, I wanted to tell this story and get this character on screen,” Oh said in an interview when the film screened during September’s Toronto International Film Festival.

“My nieces are mixies, two great girls growing up in North Vancouver, and I want to tell stories for them, to see themselves reflected even in an animated character.”

Oh, best known for her role on the hit TV medical drama Grey’s Anatomy, is also an executive producer for the film, which blends multiple animation styles.

At the heart of the film is Rosie, who lives with her Chinese grandparents until she travels to Iran to perform at a poetry festival. There she begins to learn more about the father she believes abandoned her.

The film subtly deals with cultural sensitivities, generational divides and elements of feminism at a time when the discussion of Islamophobia and national identity often dominate discussion.

Written and directed by Japanese-Canadian filmmaker Ann Marie Fleming, Window Horses weaves poetry as a common thread through the story and features works from lauded Persian poets as well as Rosie’s own creations.

For Fleming, poetry is a powerful, unifying force.

“Poetry is not something that’s created in another time by another people,” she said. “Poetry is the way we live our lives and poetry shows us how we’ve had this continuum through time.”

The story was years in the making, Fleming said, and ended up including a number of autobiographical elements.

“Things that have happened to me, my life, people I know, stories I’ve collected, everything in the film is true,” she said. “It’s almost a love story to all of the people that I’ve met.”

The character of Rosie actually started off as a boy, Fleming noted, before becoming a female figure based a little on herself.

“I wanted to explore it as a woman because I am a woman,” she said of the main character. “She’s an interesting character, and yes she’s a woman and yes she’s mixed race and yes she’s complicated, she has a complicated history, but we want to know about her because she’s real.”
THE CANADIAN PRESS

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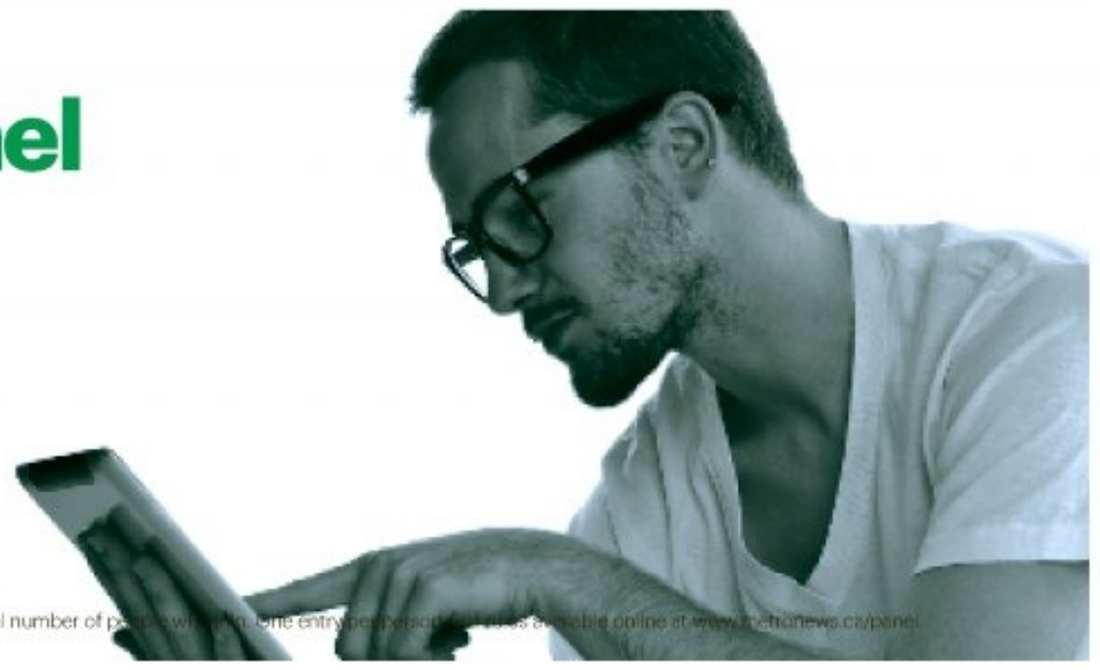

His journey to sing on stage with Bono

DOCUMENTARY

Patrick Stark wanted to conquer his fears on film

Gilles LeBlanc
For Metro Canada

A wise person once said, 'If you're going to dream, dream big'. They also must have said that if you have a fear to conquer, go even bigger. This is the message Patrick Stark obviously heard.

"For most of my life to the age of forty, I would consider myself a phobic person," the British Columbian filmmaker explains.

"I knew that I was terrified of singing in front of anybody."

Despite his at times crippling anxiety of being heard in public, Mr. Stark decided in 2009 to take a giant leap forward when he saw posters promoting U2's 360° Tour. "Do I want to live the rest of my life living in fear of trying things?"

Wanting to set a sky-high bar for himself as well as be an example for his kids, Stark concocted the most improbable and frightening of scenarios — singing on stage with Bono at BC Place stadium. Karaoke simply wouldn't do.

It is a journey he has been documenting under the title of One Life No Regrets, which Stark hopes to release after May 12, 2017. That date just happens to be when U2 kicks off their next gargantuan-sized excursion in Vancouver commemorating U2's fifth studio album, The Joshua Tree, which turned 30 years old on March 9.

Because Stark courageously opened the door for any opportunities that arose, the former X-Files production assistant came awfully close to realizing his dream in 2015.

Through a friend's tip, he found himself pitching the legendary rock group at a Gastown restaurant, to which Bono casually replied, "Sure. What are you doing Friday night?"

Unfortunately for him B.B. King died, putting off his big break so U2 could play When Love Comes to Town in tribute to the blues great.

While there hasn't been any communication in the time since, Stark is hopeful Bono is a man of his word and won't forget the promise he made.

Why these Irishmen? It was singing along to an Under a Blood Red Sky cassette tape in his car where Stark discovered his own voice. There is no desire to pursue any kind of second career past overcoming this phobia.

If it doesn't come to pass, that'll be OK with Stark as just "by going on the journey, you actually start to come a lot closer than you could ever imagine."

His biopic isn't like My Date with Drew or "the ultimate selfie-taker at a concert"; interviews from music producers Steve Lillywhite and Daniel Lanois are threaded alongside spiritual teachings courtesy of Eckhart Tolle and The Secret Prayer author Dr. Joe Vitale, who instilled in Stark that "always choosing safe is not living."

Look up One Life No Regrets on Facebook or follow his @mrnoregrets Twitter handle if you're as curious as I am to see how this all turns out.

I know I'm pulling for Patrick Stark to get to do his perfect U2 song choice, Stuck in a Moment You Can't Get Out Of.

Singalongs to U2's Under a Blood Red Sky helped filmmaker Patrick Stark discover his voice and inspired his journey to sing with the band. CONTRIBUTED

> **Do I want to live the rest of my life living in fear of trying things?**
> Patrick Stark, filmmaker

FAMOUS FEARS

Celebrities can have fears just like the rest of us.

• Sing star **Matthew McConaughey** is afraid of revolving doors and tunnels.

• Mirrors apparently upset the forever-photogenic **Pamela Anderson.**

• If you can believe this one, **Billy Bob Thornton** is "petrified" of antique furniture.

GILLES LEBLANC LEBLANC/FOR METRO

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Netflix-series Riverdale shot in Vancouver at Lord Byng Secondary School

The great baseball tour

With one major league baseball team in Canada, when it comes to home plate pride, its hard to root, root, root for Toronto's Rogers Centre. It is unbearably stuffy when the retractable roof is closed, the food and drink options are often overpriced and underwhelming, and, well that whole beer-can throwing incident last season didn't help its rep. Fans don't hate the centre as much as, say, Barry Bonds, but it's a close call for many. Celebrate the arrival of spring with a road trip and visit these stadiums where taking in the ol' ballgame is always a homerun. **Melissa Dunne** FOR METRO

ALL PHOTOS ISTOCK

CHICAGO

Wrigley Field

The Chicago Cubs broke a 108-year losing streak last fall, bringing the pennant back to Wrigley Field in Chicago's North Side. The famed stadium, built in 1914, is guaranteed to be buzzing with excitement this season. Soak in the beauty of the ivy-covered outfield walls while getting buzzed off a cup of local craft beer.

SAN DIEGO

Petco Park

Take in a game with the San Diego Padres while soaking up the warm California sun shining down on you. The food here is said to be so-so. But what Petco Park lacks in culinary finesse it makes up for in craft beer. Make sure to make your way up to the fifth floor where local brewery, Stone Brewing Co., has a palm-tree adorned outdoor beer garden.

SAN FRANCISCO

AT&T Park

This park is also named after a telecom company, but that's where the similarities with Rogers Centre ends. The beloved home of the San Francisco Giants has a beautiful view of the chichi city's bay. Don't leave without getting a selfie with the giant statue of a replica vintage 1927 four-fingered baseball mitt.

BALTIMORE

Oriole Park at Camden Yards

The home of the Baltimore Orioles is in the heart of this gritty city. The grub here is so good you'll be hoping for extra innings, just so you can go back for more. The stadium offers everything from tacos to pizza to a namesake-barbecue joint opened by former All-Star Boog Powell.

BOSTON

Fenway Park

You may want to leave your Jays jersey at home when you visit Major League Baseball's oldest stadium. Boston Red Sox fans are renowned for, er, being passionate, but it's worth the razzing to see the Green Monster in person. Find the energy to razz Sox fans right back with a Fenway Frank.

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Guiding Lonely Planet into the digital age

INTERVIEW

Houghton named CEO of popular travel guides at 24

Daniel Houghton was just 24 years old when he became CEO of Lonely Planet in 2013. Since then, he's restructured the company, expanded its digital presence and, to the surprise of many who feared he'd kill off Lonely Planet guidebooks, he's grown the print side of the business. The company now has 33 per cent of the guidebook market, its largest share ever. Houghton, now 28, starts his fourth year with the company in April.

Houghton's roots are in the South — he grew up outside Atlanta and holds a photojournalism degree from Western Kentucky University. But you could say travel is a family tradition: His parents worked for airlines and his grandparents toured the lower 48 states in an Airstream camper in the 1970s.

Houghton is based in Nashville, Tennessee, now, but last year he travelled some 150,000 miles for Lonely Planet, and the year before that, 300,000 miles.

What are some of the changes at Lonely Planet since you took over?
We've completely rebuilt the entire digital platform along with a suite of mobile products. We've just really tried to expand our content coverage as much as possible: food, adventure travel, we've launched a whole line of kids' content.

Travel is really much more than 'I'm about to go get on a very long-haul flight and take my guidebook.' That's obviously a very large part of our audience. ... But we've set the business up to reach people on as many platforms as we can. Whether they find something that we put on Instagram, or they see our magazine in the airport, or they visit our website because they Googled where to go in Italy and we're the No. 1 or 2 organic search result, we want to get that content in front of as many people as possible.

You were hired to run Lonely Planet by Brad Kelley, the billionaire who bought the company from the BBC. How did that come about?

Lonely Planet CEO Daniel Houghton at a rooftop bar in in New York. THE ASSOCIATED PRESS

We got to meet pretty randomly a couple years before Lonely Planet. I was in the right place at the right time and very fortunate to have that opportunity. We met a few times and he offered me a job.

What were you doing before Lonely Planet?
At the time I was frustrated with the newspaper industry. I had started my own one-man band, a multimedia company doing everything from shooting pilots of TV shows to commercial work.

Kelley bought the company from the BBC at a fraction of what it had sold for a few years earlier. Is Lonely Planet profitable now?
We're certainly moving in the right direction. We're proud of what we've achieved and we don't really comment on the rest of it.

Had you travelled the world before Lonely Planet?
I'd been a lot of places but I hadn't been to Asia and I've never been to Antarctica. Every other continent I had been to a couple of times — a lot of vacations and both my parents worked for the airlines. Until I turned 21, I had a free ticket.

I grew up travelling with the family. My mom's idea of a really fun vacation was, 'Let's go to New Hampshire to see all of the covered bridges in the whole state.' As a 10- or 12-year-old, that's not radically exciting. But it is when you get given a camera: 'Maybe I'll take a picture of every one of them.'

Are there places you haven't been that you want to go?
Last year we had a book called The Ultimate Travel List. We had Angkor Wat at No. 1. I've never been there. I'd love to see that. I'd love to go to Myanmar. Vietnam.

How many countries have you been to?
I'm somewhere north of 35 but not more than 45.

How many states?
I've got one state left. I have not been to Hawaii. Of all the ones, right? THE ASSOCIATED PRESS

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metro SPORTS

One year after signing a four-year deal with Houston, Brock Osweiler was traded by the Texans to the Cleveland Browns

NHL NEW YORK ISLANDERS EDGE CANUCKS IN OVERTIME
Canucks defenceman Troy Stecher, right, fights for control of the puck with New York Islanders left wing Anders Lee during the first period in Vancouver on Thursday. The Canucks lost in overtime 4-3.
JONATHAN HAYWARD/ THE CANADIAN PRESS

NHL

Gaudreau on fire as Habs capitulate

THURSDAY in Calgary

5	0
FLAMES	HABS

Johnny Gaudreau had a goal and three assists and Brian Elliott had 24 saves for his first shutout of the season as the Calgary Flames shut out the Montreal Canadiens 5-0 on Thursday night.

After assisting on all three second period goals as the Flames blew open a 1-0 game, Gaudreau capped off his night with his 14th goal at 16:12 of the third period.

Gaudreau has had 13 points (three goals, 10 assists) during the Flames' eight-game win streak.

Three times before Calgary has won eight straight games. It was most recently done in November 2005.

Mark Giordano, Sean Monahan, Michael Stone and Micheal Ferland also scored for Calgary (37-26-4). The Flames play next in Winnipeg on Saturday. Montreal (38-22-8) had its six-game winning streak snapped.

The Canadiens were without goaltender Carey Price (flu), who was supposed to start for the 10th time in the last 11 games but instead served as the back-up to Al Montoya — although he didn't appear on the bench.

Montoya had 33 stops. His record falls to 8-6-3.

Elliott, playing his finest hockey of the season, improves to 11-1-1 in his last 13 starts. He has a .931 save percentage over that span. He is 19-13-3 on the season.
THE CANADIAN PRESS

Huitema, 15, makes international debut

WOMEN'S SOCCER

Promising teenager plays in loss to Spain at Algarve Cup

For Jordyn Huitema, it was 41 unforgettable minutes. For Canadian soccer, it could be the beginning of something special. The 15-year-old forward from Chilliwack, B.C., made her senior debut Wednesday in Canada's 1-0 Algarve Cup final loss to Spain in Sao Joao da Venda, Portugal.

Huitema becomes the third-youngest woman to play for Canada behind only record-holder Kara Lang and Jessie Fleming, who were also 15.

It is distinguished company. Christine Sinclair, the face of Canadian soccer, didn't make her senior debut until 16.

At five foot 10, Huitema (pronounced Hite-ehr-marr) has size and is one of the fastest players in Canada coach John Herdman's talent pool. She also has a knack for goals, as shown Wednesday.

"Jordyn nearly scored on her first touch," said Herdman. "Starting in the Algarve Cup final. It was a big moment for her."

"It was amazing. The best moment in my life probably so far," Huitema said.

Huitema started the game, giving way as planned late in the first half after the Spanish strategy of pressing the Canadians began to fade.

"At first it was very nerve-wracking. But it was such an honour to step on the field with the women that when I was younger I looked up to. And being surrounded by such amazing people, it was just an honour to represent my country," Huitema said. Her scoring chance came on a cross from the right side.

Jordyn Huitema CANADA SOCCER ASSOCIATION/THE ASSOCIATED PRESS

"I couldn't quite get in front of the defender for it. It was very close," she said. When Huitema left the field, she was replaced by her idol, Sinclair.

"It was very amazing," said Huitema. The teenager, who managed to squeeze in international football during spring break, returns to Grade 10. And then?

"Keep striving to improve in soccer and hopefully come back into this environment."

Huitema, one of seven teens on Herdman's Algarve Cup roster, was just 13 when she attended an under-15 talent identification camp. Since then she has taken part in a dozen or so national youth team camps or international tournaments, including the U-17 World Cup.

"She's one of the closest things I've seen to Sinclair — so no pressure on the kid," Herdman said dryly. "As a youngster, I've seen those qualities of Sinclair — the touch, the movement — in people like Janine Beckie.

But from what I've seen of Jordyn, she's got the goal-scoring ability and the sort of height and size and presence that you associate with Christine on the field."

Herdman brought her briefly into a camp prior to the Olympics, saying "she knocked it out of the park."

Huitema has been developing with the Vancouver Whitecaps elite girls program for two years.
THE CANADIAN PRESS

"It's amazing. The best moment in my life probably so far.
Jordyn Huitema

WORLD BASEBALL CLASSIC

Bautista powers Dominican victory

Jose Bautista homered and drove in four runs, and the Dominican Republic opened its bid for a second consecutive World Baseball Classic title with a 9-2 victory against Canada.

Welington Castillo hit a two-run homer for the Dominicans, who went 8-0 to win the 2013 title.

The Canadians are in danger of being eliminated in the opening round for the fourth time in as many WBCs.
THE ASSOCIATED PRESS

Jose Bautista, right, hit a three-run homer on Thursday in Miami. GETTY IMAGES

IN BRIEF

Blues Jays beat Phillies 6-4 in exhibition match
Catcher Jarrod Saltalamacchia hit his second home run of the pre-season Thursday as the Toronto Blue Jays beat the Philadelphia Phillies 6-4.

Saltalamacchia went 3-for-3 with two runs scored including a solo homer in the third inning. Toronto's Ryan Goins also chipped in with a two-run triple in the first inning to open the scoring.
THE ASSOCIATED PRESS

Pens' Sestito gets 4-game ban for boarding Enstrom
Pittsburgh Penguins forward Tom Sestito was suspended for four games without pay by the NHL on Thursday for boarding Winnipeg Jets defenceman Toby Enstrom.

Sestito was assessed a major penalty for checking from behind during the Penguins' 7-4 win in Winnipeg on Wednesday. Enstrom was taken to a hospital and missed the rest of the game.
THE ASSOCIATED PRESS

Simon Fraser University middle linebacker Jordan Herdman. DARRYL DYCK/THE CANADIAN PRESS

B.C. linebacker willing to wait for shot at NFL

FOOTBALL

Herdman of Simon Fraser prepping for his pro day

Jordan Herdman is embracing the uncertainty of his football future.

The Simon Fraser middle linebacker will hold his pro day Friday in North Vancouver, B.C. It's yet another audition for NFL employment for Herdman, who raised eyebrows at last month's Senior Bowl game in Mobile, Ala., the annual showcase event for many of American college football's top pro prospects.

The six-foot, 238-pound Herdman will go through the usual paces in his workout. But his top priority is performing well in the 40-yard dash.

"My goal is to run a very good time, which for me is between 4.6 and 4.7 (seconds)," said Herdman, whose personal-best effort is 4.8 seconds. "I spent eight weeks training (at Test Sports Club in Martinsville, N.J.) and we worked on combine-specific drills so I expect to do great on my pro day."

The Senior Bowl kicked off a long and unique job interview for Herdman, a Winnipeg native who's twice been named the Great Northwest Athletic Conference's top defensive player. He and other prospects will be poked, prodded, measured, timed, tested and interviewed repeatedly leading up to the NFL draft April 27-29 in Philadelphia.

"It's definitely a challenge but one I'm willing to meet head on," Herdman said. "I embrace (the uncertainty), it's exciting to know I have a chance to play on a team. "That's something I've dreamed about for a very long time."

Jordan Herdman
THE CANADIAN PRESS

Herdman was a late addition to the Senior Bowl, becoming the first player in school history to earn the honour. He made the most of it in the Jan. 28 game, delivering a thunderous hit on Jamaal Williams after the BYU running back took a short pass over the middle.

"They threw the pass right in front of me," Herdman said. "I came up as fast as I could, just playing fast as I usually do, and put a big hit on the running back.

"I was given an opportunity at the Senior Bowl and I think I showed I belong and can make plays at that level. I think the experience helped a lot."

It certainly helped break the stigma that Canadians who opt to play football on home soil can't compete with the best in American colleges.

"I think there might be a little stigma there," Herdman said. "When I go (to the U.S.) you can hear the crowd and players and what they say but I think there's still great talent coming from Canada."

Herdman enjoyed a stellar career at Simon Fraser playing with his twin brother Justin, an outside linebacker. Jordan Herdman leaves school holding the conference records for career (428), single-season (165) and single-game (26) tackles.
THE CANADIAN PRESS

> **It's definitely a challenge but one I'm willing to meet head on.**
> Jordan Herdman

CFL

Riders' gamble Young must shake off rust

Years removed from his glory days in the NCAA and NFL, Vince Young faces an uphill battle trying to resurrect his pro football career with the Saskatchewan Roughriders.

The CFL club took a flyer on Young on Thursday, signing the former Texas Longhorns star to a two-year deal (one year plus an option). The 33-year-old spent eight years in the NFL but last played in a regular-season game in 2011 with the Philadelphia Eagles. "I wouldn't say (this is) a comeback, I'd just say an opportunity," Young said. "I always wanted to play football again but didn't know how it was going to happen."

The six-foot-five, 232-pound Young was 30-2 at Texas and in 2005 led the school to an NCAA title. He went in the first round, third overall, of the 2006 NFL draft to the Tennessee Titans and was the league's top rookie and a Pro Bowl selection that season.

Young, a 2005 Heisman Trophy finalist, started 50-of-60 career NFL games and in '09 was its comeback player and earned his second Pro Bowl nomination. But the Houston native has been out of football since 2014 when he retired after being released by the Cleveland Browns.
THE CANADIAN PRESS

Former NFLer Vince Young
THE CANADIAN PRESS

SKIING

Coach on trial for 57 counts of sex assault

An artist's impression of skiing coach Bertrand Charest. THE CANADIAN PRESS

Lingering kisses, pinches on the buttocks and having to answer questions about sex were a regular part of life for Bertrand Charest's ski students, one of his alleged victims told the former coach's sex assault trial Thursday.

The woman, who was about 14 when the alleged incidents began, testified she was ill at ease with the kisses and touching but said Charest made it hard to speak up.

"When I showed him I was uncomfortable he would play the victim, and he wouldn't coach me for a certain period of time," she said via video conference.

Charest is on trial on 57 charges, including sexual assault and breach of trust, in relation to 12 alleged victims between the ages of 12 and 19.

The woman was the eighth alleged victim to testify at what is expected to be a month-long trial that began last week in Saint-Jerome, Que.

The witness said Charest would ask her personal questions, including queries about her bra size and whether she was a virgin. She said he also bit and pinched her buttocks, once hard enough to leave a bruise. She said such occurrences were common and any of the athletes who objected were mocked in front of the others for "not being able to take a joke."

"It was normalized," said the woman. The alleged incidents she described first began in 1992, when she was 14, and lasted until 1996. He coached her between 1990 and 1993.
THE CANADIAN PRESS

GOLF

Strong start for Herman in Florida

Jim Herman played bogey-free golf en route to a 9-under 62 and a two-shot lead at the Valspar Championship on Thursday in Palm Harbor, Fla.

British Open champion Henrik Stenson and Russell Henley carded scores of 64.

Herman's recent form has been anything but spectacular — three missed cuts and a tie for 27th — when he played the Seminole Pro-Member the day after the Honda Classic.

Jim Herman
GETTY IMAGES

David Hearn of Brantford, Ont., and Adam Hadwin of Abbotsford, B.C., both shot 68s to sit in a tie for 11th at 3-under par. Graham DeLaet (71) of Weyburn, Sask., was tied for 56th at even par and Nick Taylor (72) of Abbotsford was in a group at 79th at 1 over.
THE ASSOCIATED PRESS

NFL IN BRIEF

Philadelphia Eagles sign receivers Smith and Jeffrey

Carson Wentz gets to throw to a pair of accomplished receivers next season.

The Philadelphia Eagles agreed on a one-year deal with wide receiver Alshon Jeffery, hours after giving wideout Torrey Smith a three-year deal on Thursday. Jeffery was considered the top receiver available in free agency, but he couldn't secure a long-term deal with Chicago. Smith, released by the 49ers last week, caught 53 passes for 930 yards and seven TDs in two seasons in San Francisco. THE ASSOCIATED PRESS

Redskins sack general manager McCloughan

The Washington Redskins fired general manager Scot McCloughan on Thursday, the opening day of NFL free agency. Team president Bruce Allen announced the firing, which is effective immediately.

McCloughan, 46, served as GM for the past two years and had a four-year contract. The day McCloughan was hired, Allen said the new GM would have full control over personnel decisions, but there were splits in the front office on a number of issues.
THE ASSOCIATED PRESS

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Angela Unstoppable Lee defends her One Championship title against Jenny Huang Saturday. ROSLAN RAHMAN/AFP/GETTY IMAGES

Lee hungry for success

MMA

Fighter's focus is on defending title — and the post-fight feast

MMA star Angela (Unstoppable) Lee fights for a championship belt, her legacy and, no doubt, a healthy paycheque.

But don't forget the 20-year-old's "food shrine."

The Vancouver-born One Championship atomweight title-holder says it has become a tradition. She and younger brother Christian, an 18-year-old who also fights for the Asian-based promotion, stock up on treats ahead of fights.

"When you're fighting and dieting, you have all these cravings," she said. "I just like to buy it and then save it for later — and then that's kind of my reward after the fight, my reward to myself."

A social media shot of their food shrine shows some two dozen items, ranging from Skittles, Nutter Butter cookies and Hershey's Cookie Layer Crunch to assorted packages of nuts, neatly displayed.

Lee (6-0-0) will have to wait until Saturday to chow down, hopefully celebrating the first defence of her 115-pound title — she normally walks around at 125 pounds — against Taiwan's Jenny Huang (5-0-0) in the main event of One: Warrior Kingdom at the Impact Arena in Bangkok.

The five-foot-four Lee, who divides her time between her family home in Hawaii and training base in Singapore, was just 19 when she won a unanimous decision over Mei Yamaguchi to became One Championship's inaugural atomweight champion last May.

The Japanese veteran, who has never been finished in 26 fights, was a tough out as advertised. Lee took her down repeatedly, attempting a string of submissions but could not nail one down.

And in the third round, Yamaguchi floored her with a shot to the chin. Lee survived, however, and regained control of the fight.

"I still get emotional when I watch clips from that," she said of the Singapore showdown. "Even through I didn't get the finish, having the fight go the full five-minute rounds, I learned so much. I gained a tremendous amount of experience from that fight."

Since winning the title, Lee has travelled the world for One Championship and spent time with her family.

"It's been a great time off but I'm very anxious to get back in the cage," she said.

She did find time to visit a tattoo parlour to celebrate her championship win. Inked on her wrist are the time and date that she won the title.

"Happiest moment of my life so I thought I might as well have that moment on me forever," said Lee. THE CANADIAN PRESS

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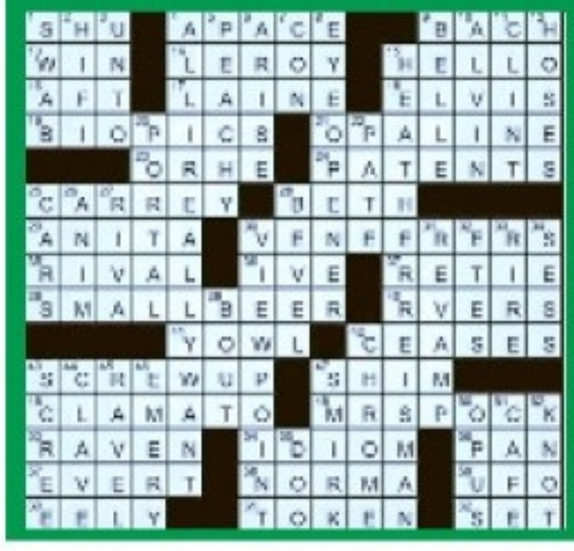

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7	6	1	8	3	9	5	2	4

✷ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You have an agenda, which is why you will work hard during the next six weeks to earn money. Many of you also will be spending it!

Taurus April 21 - May 21
Fiery Mars will be in your sign for the next six weeks, boosting your energy and giving you lots of drive. (Be careful not to blow some people away.)

Gemini May 22 - June 21
You may have to use your sleuthing skills and diplomacy to deal with someone who might not have your best interests at heart. Unfortunately, this lasts for the next six weeks!

Cancer June 22 - July 23
You will be physically active with others, especially in groups, during the next six weeks. Some of you also will be in competition with each other.

Leo July 24 - Aug. 23
Your ambition will be aroused for the next six weeks, which is why you will be keen to pursue certain goals. Count on getting a lot done!

Virgo Aug. 24 - Sept. 23
Travel plans will appeal to you during the next month. In addition, many of you will pursue higher education, schooling or further training during the next six weeks.

Libra Sept. 24 - Oct. 23
You have definite ideas about how you want to handle shared property and debt. However, during the next six weeks, these ideas might put you at odds with someone.

Scorpio Oct. 24 - Nov. 22
You will need to be patient with partners and close friends in the next six weeks, because you might find them to be annoying. This could be so, but you also might just be easily annoyed.

Sagittarius Nov. 23 - Dec. 21
You are gung-ho to work hard in the next six weeks, especially at your job. Naturally, you will produce a lot and get great results.

Capricorn Dec. 22 - Jan. 20
It's playtime during the month ahead! You couldn't pick a better time to go on a vacation. Fingers crossed!

Aquarius Jan. 21 - Feb. 19
(Jan. 20 to Feb. 18)
During the next six weeks, you can expect increased chaos and activity on the home front. This might be due to renovations, visiting guests or something unexpected.

Pisces
Feb. 20 - March 20
You will be enthusiastic and energetic in all your communication with others for the next six weeks. This will be handy for those of you who write, sell, act or teach. Use this!

CONCEPTIS SUDOKU by Dave Green
Every row, column and box contains 1-9

				7				4
5			6		4			
		9		2				
	7		9	3		2	4	
	8						5	
	9	4		8	1		7	
				9		3		
			2		7			1
6				5				

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MAKE IT TONIGHT

Instagram-level Waffled Avocado Grilled Cheese

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Raise your grilled cheese game to Instagram levels with this pretty twist on a lazy dinner classic.

Ready in 15 minutes
Prep time: 5 minutes
Cook time: 10 minutes
Serves: 2

Ingredients
- 4 slices of whole grain bread
- butter
- 1/2 avocado
- small handful of fresh cilantro
- salt
- 1/2 cup shaved Monterey Jack cheese

Directions

1. On a cutting board, lay out bread slices. Spread butter on one side of each slice of bread.

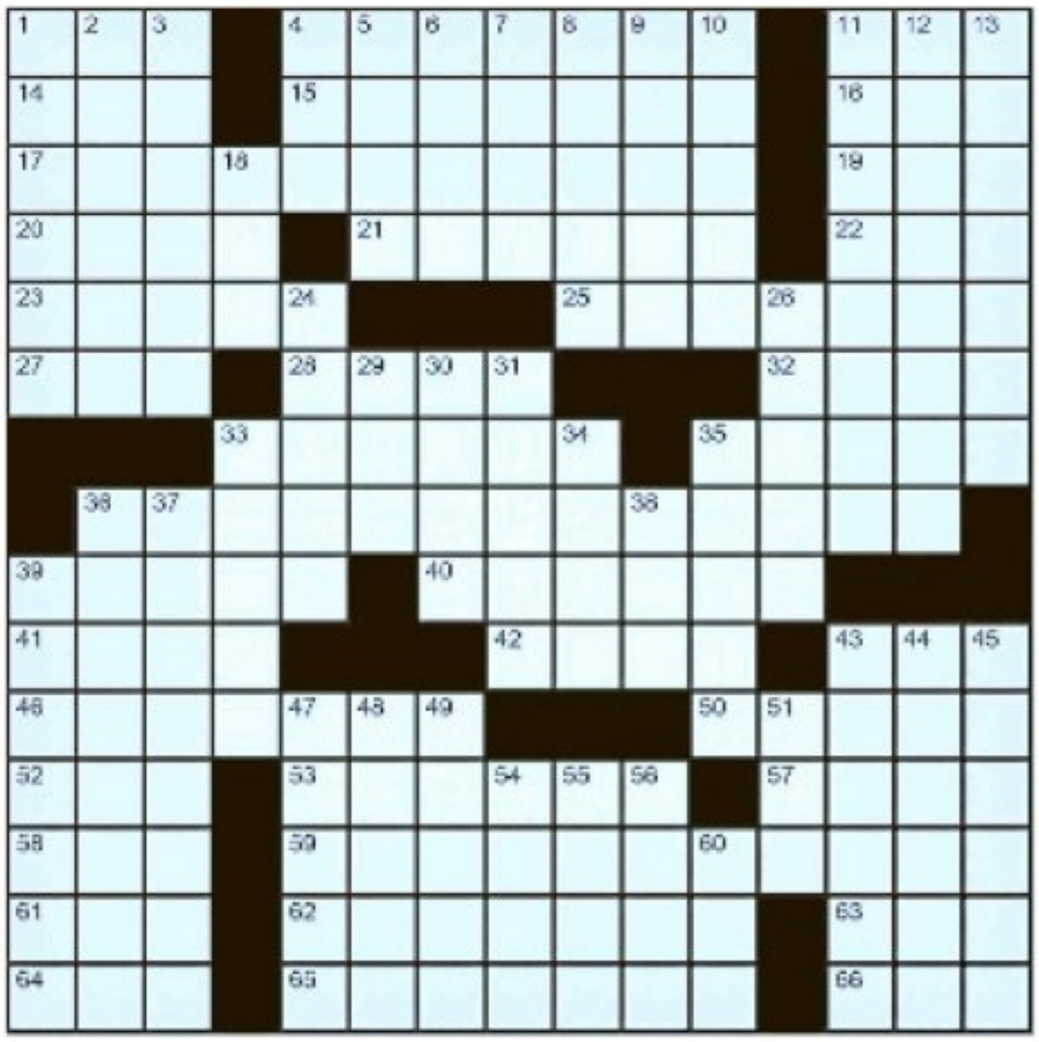
2. In a small bowl, mash avocado, cilantro and salt to taste. Spread a heaping tablespoon of avocado mix on two slices of bread and sprinkle with cheese. Add cheese to the other plain slices of bread.

3. Place grilled cheese in waffle maker and cook according to machine's directions for a waffle. Repeat for the second sandwich.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Laughing one's laughs
4. Lose effectiveness as tape on paper
11. Vital life energy
14. Inclined
15. "The Ghost and Mrs. Muir" (1947) actress Gene
16. Tavern drink
17. Northwest Territories town on the Mackenzie River where Imperial Oil has had operations for almost a century: 2 wds.
19. Pixie
20. Happiness
21. Red-tagged in the store: 2 wds.
22. Universal ideal
23. Country singer Mr. Jackson's
25. Doesn't get better
27. CD-_
28. Converse
32. First Nation of Manitoba
33. Virgil epic
35. Earths
36. As per #59-Across, Feist dances along this airport mechanism: 2 wds.
39. "_' Me" by Nickelback
40. Canis†Major's bright star
41. Shades
42. Ice floe denizen
43. Gusto
46. Getting-dressed person
50. Tamarack _ (NWT's official tree)
52. UK military fliers
53. Go by, as time
57. Court plea, _ contendere
58. White House nickname
59. Feist song for which the music video is set in an airport: 4 wds.
61. Cost
62. Hopeful human
63. Apple _
64. Craze
65. #63-Across, for one
66. Attempt

DOWN
1. Airplane garage leader Kay
11. Touchstones
12. In a compassionate way
13. Puts upon
18. Fellows
24. Beer mug
26. Flat-bottomed vessels
29. Rock star Ms. Wilson
30. ZZ Top hit
31. Green inside fruits
33. Dispatch boat
34. Defy
35. Cranium's location
36. Hawaiian volcano: 2 wds.
37. Give too many munchies
38. _ Fail (Irish coronation stone)
39. Law enforcer in a Western
43. On time
44. Patisserie item
45. Variantly fake
47. Rage: 2 wds.
48. Alex P. Keaton's mother
49. Ground-to-moving-truck aids
51. Unspecified amount
54. Pea, in Montreal
55. Upset
56. Vitality, wee-ly
60. "The A-Team" star: wd. + letter
2. _ Theater (Legendary concert hall in Harlem)
3. Broadcast like Netflix
4. Marathoner Ms. Pippig
5. "Deep Purple" by _ Tempo & April Stevens
6. Stitched
7. "_ bien!"
8. "Mother-_-_" by Ernie K-Doe
9. Stringed†instrument
10. 1939: "Three Little Fishies" band-

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